



WKD 2022 Report From Malaysia “ Bridging The Knowledge Gap to Better Kidney Care”

1. Kuala Lumpur General Hospital (Government hospital)
2. Serdang Hospital (Government hospital)
3. Hospital Tuanku Fauziah Perlis
4. Hospital Pengajar Universiti Putra Malaysia (University)
5. Inter universities and colleges
6. KPJ Ampang Puteri (Private)
7. University Malaya Medical Centre (UMMC)
8. Universiti Teknologi MARA (UiTM)



1. Kuala Lumpur General Hospital

Name: Dr. Min Hui Tan and Dr. Sunita Bavanandan

Organization name: Department of Nephrology, Hospital Kuala Lumpur

Country: Malaysia

Number of events organized/collected in your country: 10 (from our centre in HKL)

Activities of note (please give a brief description of the activity with links to online sources that mentioned it):

The Department of Nephrology Hospital Kuala Lumpur (Nephro HKL) collaborated with Kuala Lumpur City Council (DBKL) to promote kidney health to the DBKL staff as well as public. The list of the physical activities carried out include:

1. KL Car Free Morning on 13 March 2022

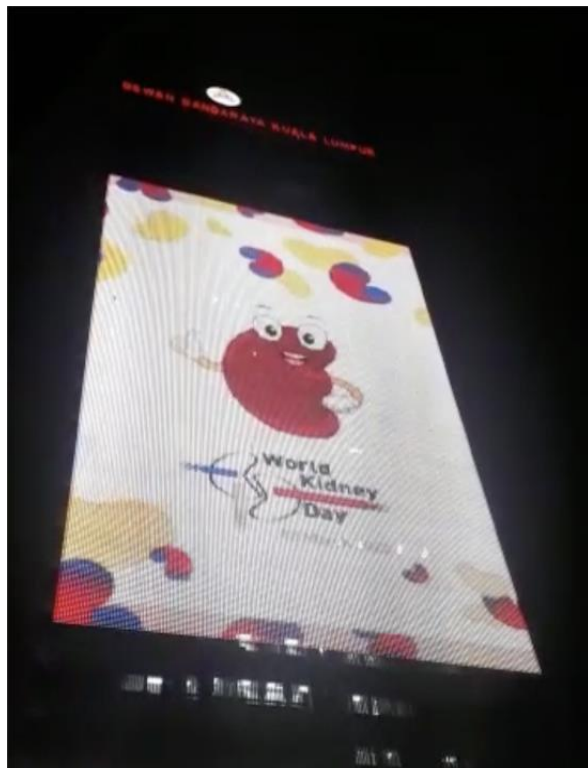
- An estimate of 1000 persons participated in the KL Car Free Morning.
- Link: <https://www.facebook.com/carfreemorning>
- Major roads along Kuala Lumpur's Golden Triangle were closed for the public to walk, run, jog, cycle, skateboard, and rollerblade along a 5km track.
- Free healthy breakfast was served in the morning.
- Brochures, lanyards with button badge and health screening discount vouchers were distributed to the public.
- Mini quiz (via QR code) was carried out to educate the public on kidney health, with a total participation by 103 people.
- Big kidney model together with Kidney and Medication Capsule mascots were available for picture taking with the public.



World Kidney Day™

10 March 2022





2. Big LED screen video display on DBKL Tower from 9 March to 20 March 2022.

- A short video clip (1 minute) with messages on kidney health was displayed on a large LED screen on Menara DBKL.

In addition to the physical activities, Nephro HKL also collaborated with BookDoc (an online healthcare platform that connects patients with medical care professionals) to organise a Nephro HKL World Kidney Day Virtual Run. This programme has attracted 11,539 participants at the time of writing.

Back at home base, Nephro HKL organised a series of public lectures and a hospital CME as listed below:

i) Public lectures via Facebook Live:

- 14 March 2022 : Acute Kidney Injury
- 15 March 2022 : Chronic Kidney Disease
- 16 March 2022 : Best Treatment Modalities for Kidney Disease
- 17 March 2022 : Medicine and kidneys: Friend or Foe
- 18 March 2022 : Kidney Diseases in Children





ii) Hospital CME:

16 March 2022: Kidney Health for All – Bridge the knowledge gap to better kidney care

Apart from the series of lectures and CME, staff from various wards, haemodialysis, peritoneal dialysis, transplant and nephrology clinic contributed to some short video clips (sharing messages on kidney health) updated daily on Nephrology HKL Facebook page. Patient's personal experiences (with permissions) were also shared and uploaded the Facebook page to educate the public.

Link: <https://www.facebook.com/nephrohkl>

List of media that published WKD press releases or mentioned WKD related activities (newspapers, magazines, online publications, TV, radio, etc..) – please provide link to online sources:

<http://www.hkl.gov.my/index.php/kidney-day-2022>

<https://msha.ke/wkd2022/>

<https://www.nst.com.my/news/nation/2022/03/779327/alarming-rise-kidney-problems-malaysia>

<https://www.nst.com.my/lifestyle/heal/2022/03/783303/kidney-health-all>



Analytics of Facebook page of Department of Nephrology, Hospital Kuala Lumpur from 28 February 2022 – 27 March 2022

Page Insights

Page activity

Your Page was visited 1,646 times in the past 28 days.

New Page likes	262
New followers	371
Clicks to your website	3
Phone number clicks	0
Clicks to get directions	0
Page button clicks	0
New Check-ins	2

Encourage people to visit your website
Create an ad featuring your website so people can learn more about your business.

Discovery

Page reach	50.5k
Page views	1,646

▲ 43.8k last 28 days ▲ 1.5k last 28 days

Audience

Total Page likes: 2,411
▲ 262 last 28 days

Home Watch Marketplace Pages Notifications Menu

Post insights

28 February - 27 March · Last 28 days

Post reach	49.7k
Engagements	15.2k
Link clicks	0

Posts

34 posts published in the last 28 days.

MOST ENGAGING RECENT

MOST ENGAGING POSTS

	Selamat petang JUST A LIVING SHARIN... 9 March	Reach: 32.5k Engagements: 7.4k
	SEKADAR SEBUAH PERKONGIAN HIDUP C... 4 March	Reach: 9.5k Engagements: 1.4k
	Selamat Pagi, Tahukah anda Peminda... 2 March	Reach: 7k Engagements: 1.1k
	World Kidney Day 14 March	Reach: 1.4k Engagements: 808
	Selamat petang Sejajar dengan Sambut... 9 March	Reach: 6.4k Engagements: 394



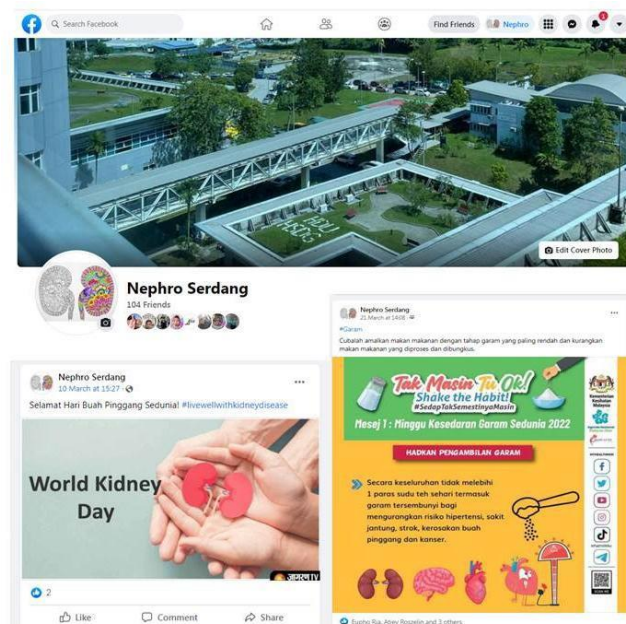
2. Serdang Hospital

Theme: Bridging the Knowledge Gap to Better Kidney

CareDate: 21- 25th March 2022

Online Platform: via Zoom meeting and www.quizizz.com

On World Kidney Day 10th March 2022, a Facebook fan page **Nephro Serdang** @Amazingkidneys was created for continuous educational activities to bridge the knowledge gap among the public.



Nephrology Department Hospital Serdang, Malaysia also organized a Kidney Quizziology 2022 for WorldKidney Day 2022 celebrations on 21-25th March 2022. It was done via online platform. The objective of the session was to engage participant mostly young patients, relatives or friends to take part and assess their knowledge on Kidney Disease and Dialysis.

First round of Kidney Quizziology sessions were held on 21st, 22nd and 23rd March respectively involving almost 30 participants. Those participants who get the top 3 marks from each session were then competed into the finale on 25th March 2022.

The Kidney Quizziology was fun and surprisingly almost all participants manage to get the right answer! Here are the pictures of the session. Prize giving ceremony will be held on 31st March 2022.

Kidney Quizziology 2022

Anjuran Jabatan Nefrologi Hospital Serdang
Sempena
World Kidney Day



10:49 AM, Mar 21, 2022

Day1
Thank you

6 participants

1st	azizul	9050 pt
2nd	Fozila	8710 pt
3rd	Siti shuhadh...	8570 pt
4th	Quzenephro	7250 pt
5th	Ang sushien	7050 pt
6th	Yvonne	0 pt

Home Restart View reports

QUIZZZ

10:42 AM, Mar 22, 2022

Day2
Thank you

4 participants

1st	Raja zakry	10050 pt
2nd	Akmal haki...	9410 pt
3rd	Fatihah	8190 pt
4th	Cepid Serda...	0 pt

Home Restart View reports

QUIZZZ

Day3
Thank you

9 participants

1st	Farehah Adz	9970 pt
2nd	Intan	9130 pt
3rd	Tuan Noor Ha...	8730 pt
4th	Farruh	8000 pt
5th	SARAH RASOL	7270 pt

Home Restart View reports

QUIZZZ

Final round

11:25 AM

Thank you

9 participants

1st	Tuan Noor H...	9980 pt
2nd	Siti shuhadh...	9970 pt
3rd	Intan Farha...	9590 pt
4th	azizul	9150 pt
5th	fatihah	9060 pt
6th	Raja zakry	8510 pt
7th	Akmal haki...	7390 pt

Home Restart View reports

QUIZZZ

Report prepared by

Dr Nurul Izah

Ahmad

Clinical Nephrologist, Hospital
Serdang 29 March 2022

3.Hospital Tuanku Fauziah Perlis

FUN RIDE (KAYUHAN) HOSPITAL TUANKU FAUZIAH MEDICAL DEPARTMENT WITH RECREATION AND WELFARE

SOCIETY (KESUREK)

Venue : WAKAF MAIPs PUSAT PERKHIDMATAN DIALISIS HTF

Date 27/3/2022

Time : 7 am – 12 noon

Participants : 150











4. Hospital Pengajar Universiti Putra Malaysia

12 March 2022 - Nephrology Unit, Faculty of Medicine and Health Sciences and Hospital Pengajar Universiti Putra Malaysia, in collaboration with Putra Medical Club, National Kidney Foundation, National Universities and Private Colleges, succeed a World Kidney Day 2022 interuniversity program. This year, the theme is "Bridge the knowledge gap to better kidney care".

The main event was at the Universiti Teknologi Mara and in conjunction with all other universities in Malaysia. The program was launched by Education and Health Ministers, Datuk Seri Dr. Noraini Ahmad and Mr. Khairil Jamaluddin on the National Kidney Foundation Facebook platform.



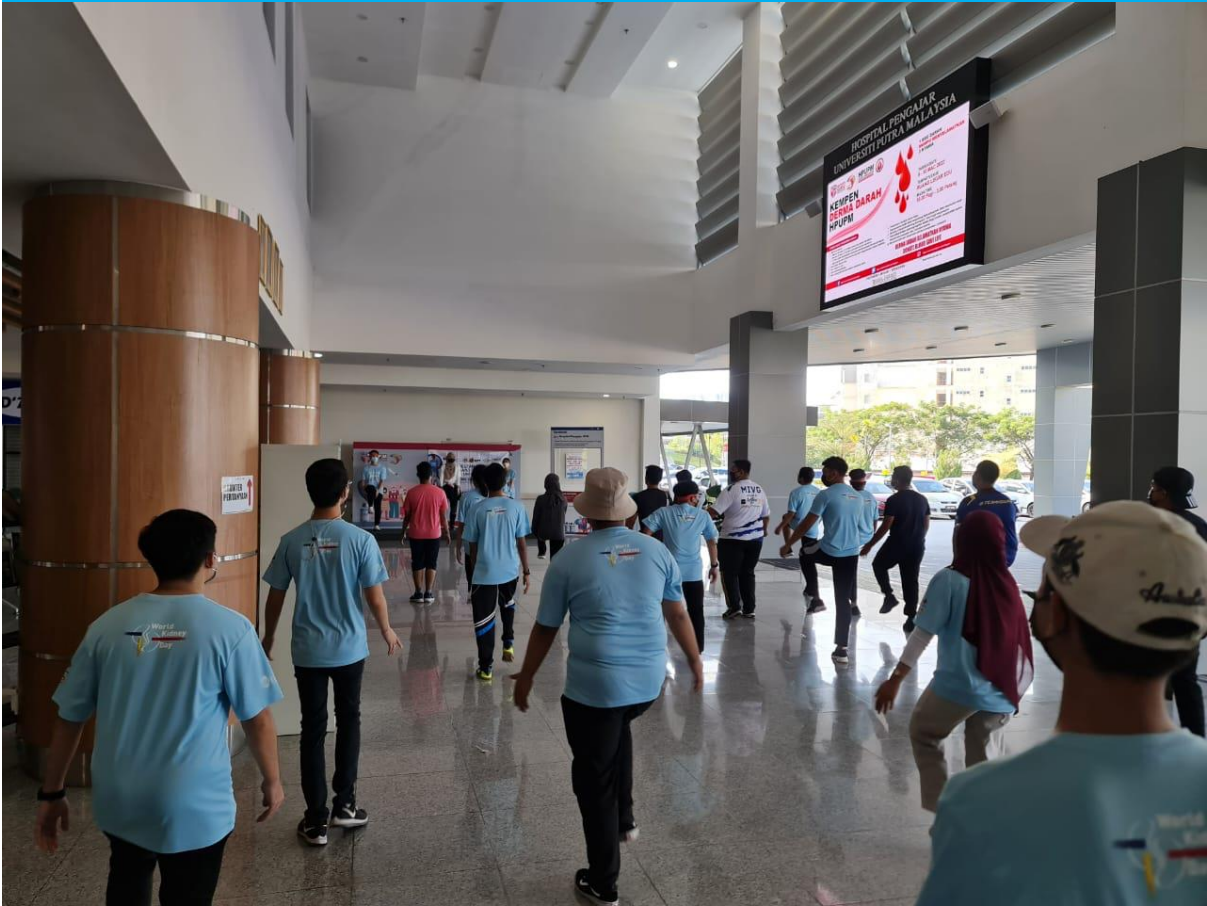
With the theme "Bridge the knowledge gap to better kidney care," students bring a hashtag **#KIDNEYBUDDIES** to support this world kidney day event. David, president of the Putra Medical Club, said: "This is a start to improving knowledge about kidney disease and how kidney disease can be prevented by reducing kidney risk among the young generation." For him, the theme is relevant to the students and young generation and hopes that the incidence of kidney disease will decrease in the future, especially among young people.

There were various activities such as Zumba, Jump rope, treasure hunt, quizzes and so on to make this event happen. University Putra Malaysia and other universities, together with the National Kidney Foundation, bring a live testimony program for organ donation called CODE: LIFE, which was chaired by Dr. Fadhlina and conducted by Dr. Iqbal, which brought the live donor to express his view on transplants and tell stories about the life after the donor.

One of the goals of the event was to increase the number of pledgers among young generations. The National Kidney Foundation successfully received 469 new pledgers in 5 hours across Malaysia, which is the best number of pledgers raised. This success was great, and hopefully next year, the number of pledgers will increase and change the perspective of transplants, and Malaysia will provide better equal access to kidney disease treatment.









5. Inter universities and colleges

WKD 2022 aims to promote Kidney Health for All. The objective of this year's WKD is to increase education and awareness about kidney health in order to bridge the persistent and ongoing CKD knowledge gap at all levels of healthcare. As this knowledge gap is stifling the fight against kidney disease and increasing the inherent associated mortality rates, WKD calls for everyone to not only be aware of the disease, but to actively know what their kidney health measures are.

Inter-Universities & Colleges WKD 2022 Celebration

In conjunction with WKD 2022, NKF organized Inter-Universities & Colleges WKD 2022 Celebration. This event is a collaboration between the Malaysia Society of Nephrologist, National Kidney Foundation of Malaysia, Ministry of Health and Ministry of Higher Education

This programme was done from 5th March 2022 to 26th March 2022 where 16 universities and colleges participated. Highlights of the programme:

- Kidney Exhibition
- Surveys
- 100 Pledgers In 5 Hours Challenge
- Jump Rope Challenge
- Online Kahoot Quiz

Through this programme, a total of 500 pledgers pledged as organ donors and MAHSA University have the highest number of pledgers among all the universities with a total of 132. Whereas 1259 students took part in the Jump Rope Challenge and 130 students participated in the online Kahoot Quiz.

16 universities and colleges participated as per below:

No	Institution	Date
1.	Asia Metropolitan College, Johor Bahru	5 March 2022
2.	Management and Science University, Shah Alam	7 March 2022
3.	Sunway College, Johor Bahru	9 March 2022
4.	Institut Pendidikan Guru Kampus Darul Aman	9 March 2022
5.	KPJ Healthcare University College, Nilai	11 March 2022
6.	Sunway University- Sunway	11 March 2022
7.	MAHSA University	11 March 2022
8.	Community Pantai Pulau Kundur-University of Science Malaysia	12 March 2022
9.	University of Putra Malaysia (UPM)	12 March 2022
10.	Universiti Teknologi MARA (UiTM)	12 March 2022
11.	University of Science Malaysia (USM)	12 March 2022
12.	International Islamic University Malaysia (UIAM)	12 March 2022
13.	University of Malaya (UM)	12 March 2022
14.	National University of Malaysia (UKM)	12 March 2022
15.	Kolej Poly-Tech MARA, Kota Bahru	13 March 2022
16.	Universiti Utara Malaysia (UUM)	25 March 2022



Each participating University is given 3 prizes for the jump rope challenge for students who achieved the highest jump. 1st winner gets RM100 followed by the 2nd winner, RM70 and 3rd winner, RM50.

The highest jump record among all participating universities wins a bicycle. The grand prize winner is Muhammad Daniel Rasydan Bin Abdul Rahman from Institut Pendidikan Guru Kampus Darul Aman, Kedah.



Muhammad Daniel Rasydan Bin Abdul Rahman, Grand Prize Bicycle winner of the Jump Rope Challenge.

As for the Kahoot Quiz, 3 winners won as follows:

1st winner - Prudence Lee Yi Hui, University Science of Malaysia won RM150

2nd winner - Nur Izzaty Sulha Binti Azhari, National University of Malaysia (UKM) won RM100.00

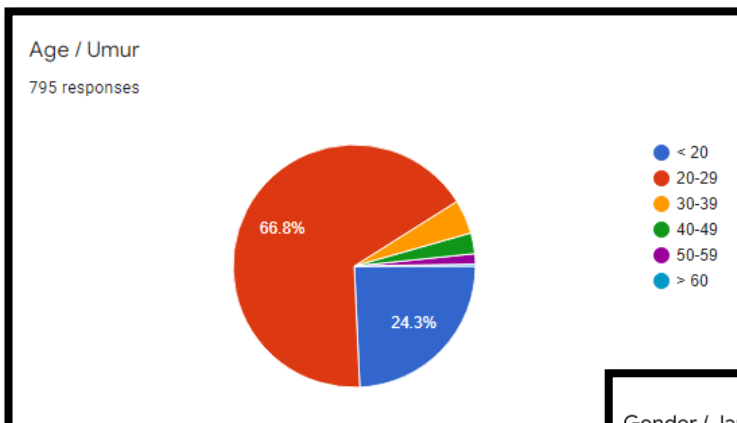
3rd winner - Sri Vishnu Nithyananthan, University of Malaya won RM50.00

Below are the summaries of the survey done during the events.

Inter-Universities & Colleges WKD 2022 Survey Report

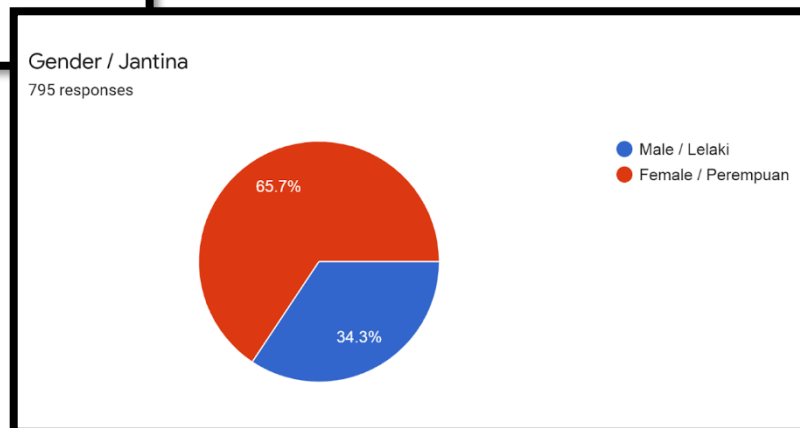
Total responses: 795

Demographic Data



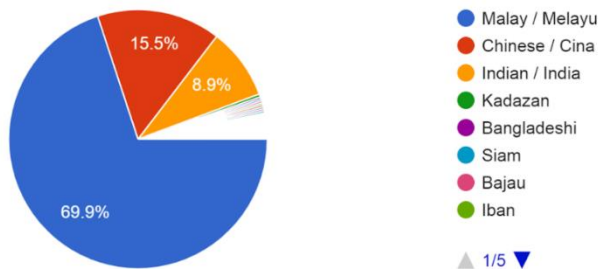
Responses mostly come from age group of below 20 years & 20-29 years old.

Responses that come from the female is higher than male.



Race / Bangsa

795 responses

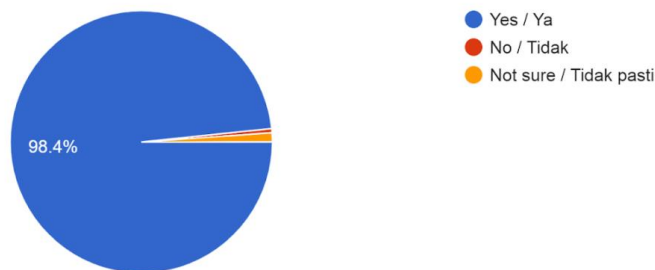


1.9% comes from other races in Malaysia (ie: Kadazan, Dusun, Iban, Bajau) while 3.8% of responses are from foreign students (Japanese, Bangladeshi, Sudanese, Yemeni, Indonesia).

Knowledge about Kidney Health

Do you know that the kidneys have important role to one's health? / Adakah anda tahu bahawa buah pinggang mempunyai fungsi yang penting untuk kesihatan?

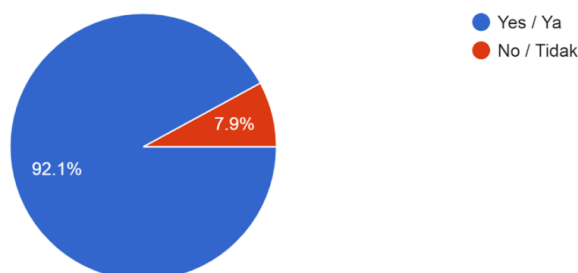
795 responses



Most responders knew the kidneys have important roles in one's health. Only 0.5% (4 responders) do not know, while 1.1% (9 responders) are not really sure.

Have you heard about chronic kidney disease before? / Pernahkah anda mendengar tentang penyakit buah pinggang kronik sebelum ini?

795 responses



Most responders heard about chronic kidney diseases. Only 63 responders never heard about it.

How did you find out about chronic kidney disease? / Bagaimana anda mengetahui tentang penyakit buah pinggang kronik?

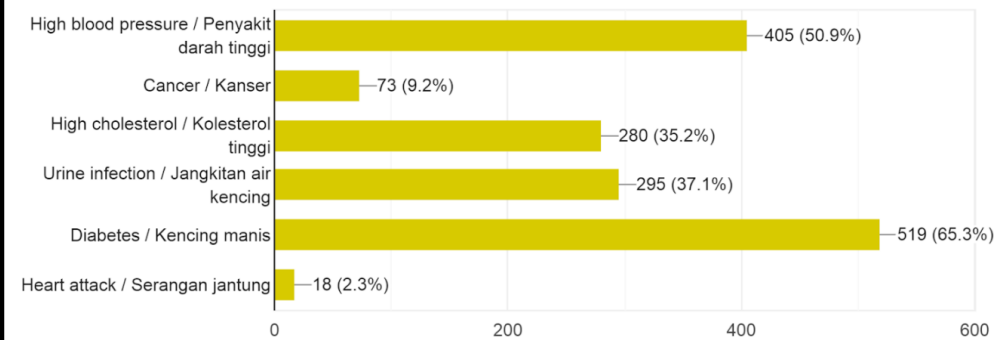
732 responses



Responders mostly found information regarding chronic kidney diseases in social media, printed and electronic media, websites and from health talk. Note: 2.3% of responders also mentioned they got information from their own courses.

Two main causes of chronic kidney disease are ___ / Dua punca utama penyakit buah pinggang kronik adalah ___

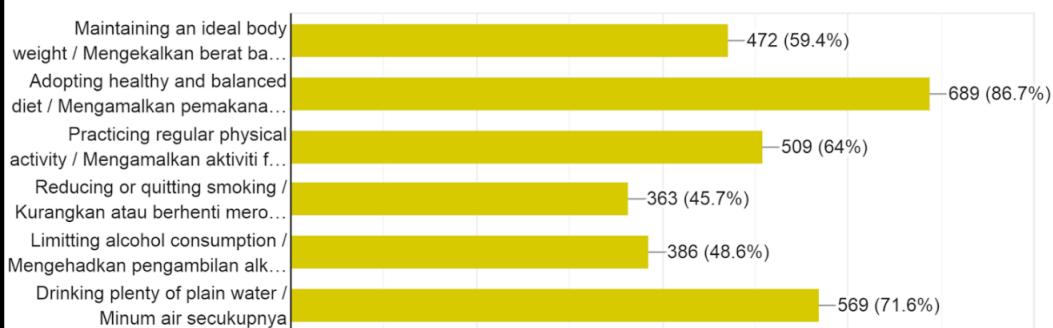
795 responses



Most of the responders agreed two main causes of chronic kidney diseases are high blood pressure and diabetes.

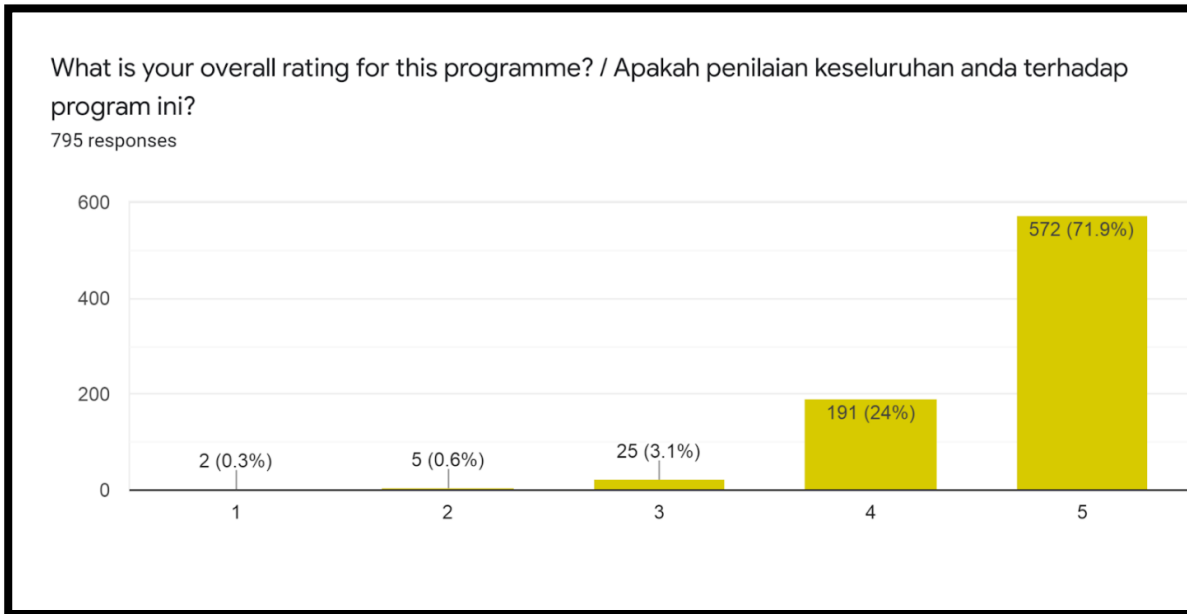
I can take care of my kidneys by ___ / Saya boleh menjaga buah pinggang saya dengan ___

795 responses

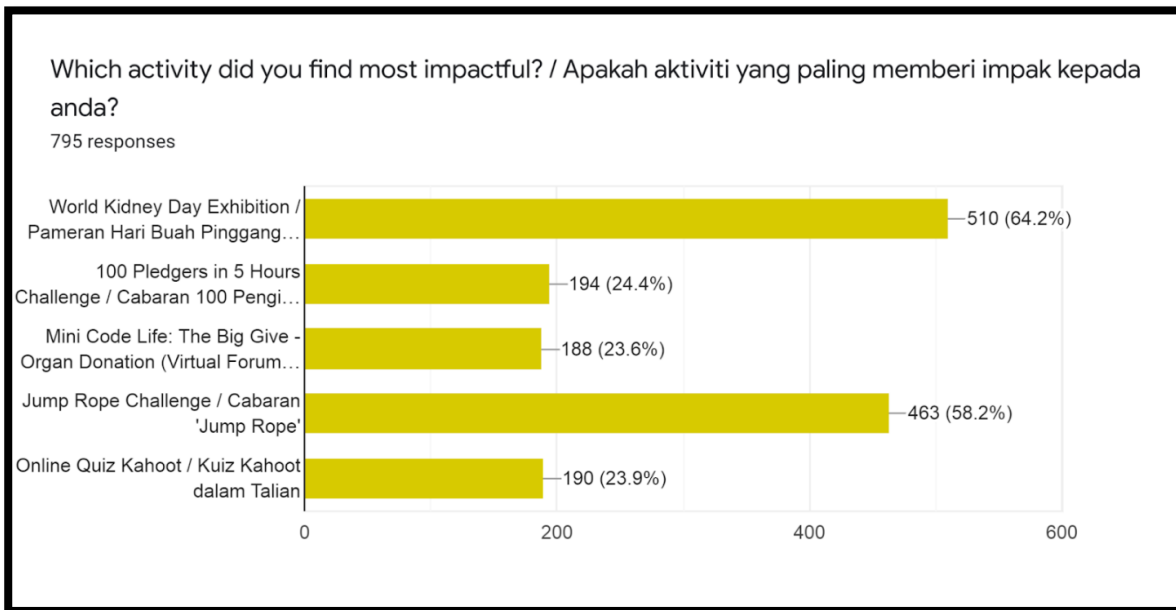


Mostly agreed that a healthy and balanced diet and enough plain water intake can help in maintaining kidney function but lesser think quitting smoking and limiting alcohol intake actually helps.

Post event survey



Mostly given ratings 4 to 5 (satisfied to very satisfied)



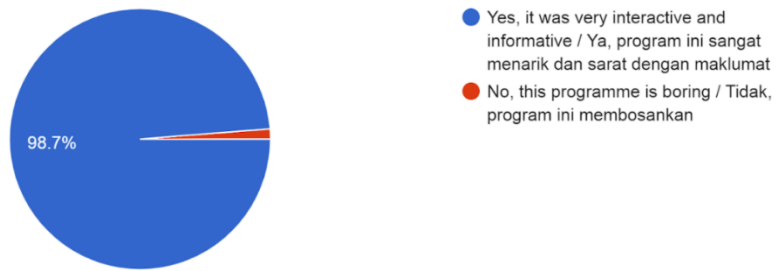
Half of the responders thought the World Kidney Day exhibition and jump rope challenge are the most impactful to them

The duration of the event also is suitable. Only 5.3% (42 responders) thought that the duration is too short while 1.4% (11 responders) thought the event is a bit too long.



Would you say the programme was interactive and informative? / Adakah anda merasakan program ini menarik dan sarat dengan maklumat?

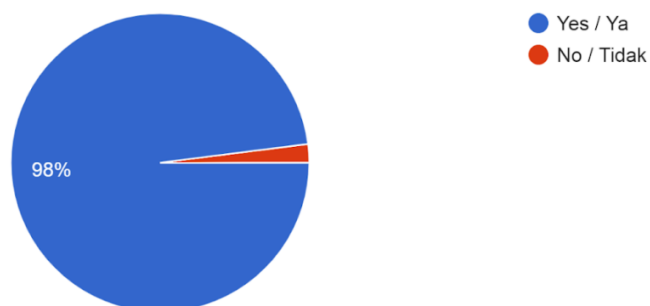
795 responses



Mostly agreed the event is informative and interactive. Only 1.3% (10 responders) do not agree.

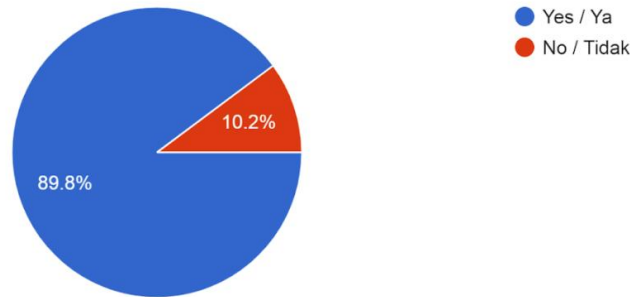
Considering your complete experience at the programme, how likely are you to recommend our future programme to your friends or colleagues? / ...n datang kepada keluarga dan rakan - rakan anda?

795 responses



Most of the responders will recommend any other future programme from NKF while 2% (16 responders) will not recommend it.

Are you interested to be part of our future programme in creating health awareness to the community? / Adakah anda berminat untuk menyert... memberi kesedaran kesihatan kepada komuniti?
795 responses



714 responders do keen to be volunteers for any future event with NKF

Note: Responders also give suggestions to make future events better. Mostly do suggest making the promotion earlier so that the students are aware of the event.

WKD 2022 Launching and Mini CODE: Life- The Big Gift- Organ Donation

There was also launching on WKD 2022 done virtually on the 12th March 2022 and broadcasted on Facebook @nkfmy and Youtube@UiTMChannel. This event was officiated by YB Khairy Jamaluddin, Minister of Health Malaysia, YB Datuk Seri Dr. Noraini, Ministry of Higher Education, Prof. Dr. Abdul Halim Abdul Ghafor, President of Malaysia Society of Nephrologist, And Dato' Dr. Zaki Morad, Chairman of National Kidney Foundation of Malaysia.



A forum on Living Transplants: Code: Life- A Big Give- Organ Donation was also done virtually in conjunction with WKD 2022 launching. The panellists are Tengku Intan Binti Tengku Abdul Hamid a kidney donor, Hazmi bin Salihudin, a kidney patient and kidney recipient and Imam Muda Muhammad Asyraf, a religious leader, who all shared on living kidney transplant from their perspective of view.

Dr. Yusuf Abu Shamsi, Associate Professor and nephrologist from the National University of Malaysia (UKM), moderated this forum.

Below is the demographic for the above virtual programme:

- 1.3k Views
- 2.3k Reach
- 2.2k Impressions
- 58 Shared
- 33 Comments
- 119 Reaction & likes



Rakam & Menang

Rakam & Menang is a contest jointly organized by NKF and the Malaysian Society of Nephrology (MSN) for the public to create awareness on kidney and health in conjunction with WKD 2022.

This contest was run on NKF Instagram from 14th February until 28th February 2022.

A total of 35 submissions was received for this contest.

30 early bird entries of creative slogan won RM30.00 each and 10 most creative slogan videos won an additional RM70.00 adding it to RM100.00 in total.



Some of the participants' entries



6.KPJ Ampang Puteri

In conjunction with WKD 2022, KPJ AP SH Haemodialysis Service together with PR/Marketing arranged the event on the 10th.03.2022 @ Thursday
The objective of the event is to give awareness and educate the public and patients family members on how to keep their kidneys healthy

KPJ Ampang celebrates this year WKD with theme : "Bridge the knowledge gap to better kidney care"

Cooking activities with Dietician

Distributed goodies bag to all dialysis patients by hospital management

There was also a public health talk in Live FB by Consultant Nephrologist Dato' Dr. Zaki Morad

Kidney Health: Why it Matters" <https://fb.watch/bFfYID1NoX/>

Total number of attendees for all the above events : 200 participants

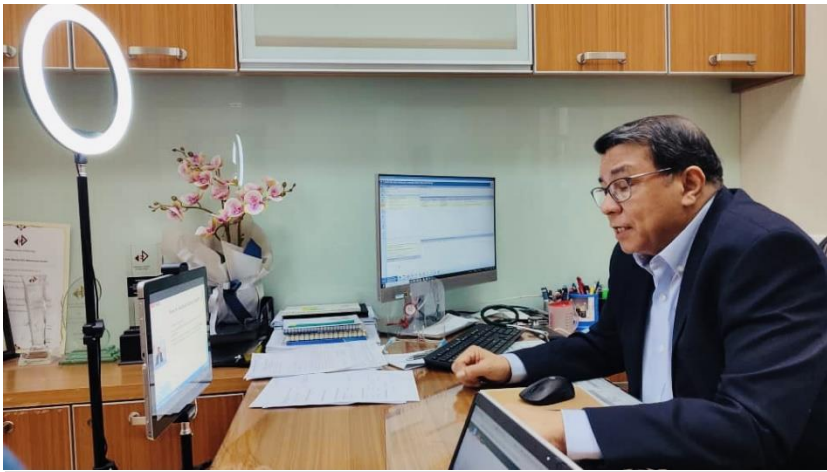


KPJ HEALTHCARE
KPJ AMPANG PUTERI
SPECIALIST HOSPITAL

World Kidney Day

KIDNEY HEALTH : WHAT IT MEANS
Dato' Dr Zaki Morad Mohamad Zaher
Nephrologist
THURSDAY | 10 MARCH 2022 | 1:00PM
f LIVE KPJ Ampang Puteri Specialist Hospital

Care for Life



7. University Malaya Medical Centre (UMMC)

09 March to 12 March 2022

On the 9th of March 2022, the Nephrology Unit of UMMC organized a faculty level forum and quiz during Breakfast@UMHealth. Breakfast@UMHealth is our weekly hospital level Continuous Medical Education session. It was attended by more than 200 participants online. 3 of the top winners for the interactive quiz received cash prizes. The panelists for forum were our local esteemed nephrologists – Assoc Prof Dr Maisarah, Dr Albert Hing (Wong) and Dr Lee Yee Wan – discussing topics from transplant, dialysis to chronic kidney disease.

On the following day, 10th of March 2022, we organized a hospital level celebration for World Kidney Day. This full day event was attended and officiated by our hospital Director, Professor Dr Nazirah binti Hasnan. There were a total number of 100 participants from different departments such as pharmacy, dietetics, allied health professionals, medical students, nurses, and primary care doctors.

Interesting and insightful talks on different aspects of management of chronic kidney disease such as heart failure, pregnancy, diabetes, and nutrition were arranged for the participants. Just as the previous day, interactive quizzes were held, and the winners were given lucrative prizes. The event was well received by the participants.

On the 12th of March, we participated in the Intercollegiate and University World Kidney Day celebration. Among the activities held on that day were 2-minute jump-rope challenge, 5 hours organ donation pledgers challenge and intervarsity quiz.

Report prepared by

Dr Cheng Shian Feng

Organising Chairperson

World Kidney Day 2022 Organising Committee



UNIVERSITI MALAYA Faculty of Medicine
UNIVERSITI MALAYA Faculty of Dentistry
UNIVERSITI MALAYA Faculty of Pharmacy
UNIVERSITI MALAYA MEDICAL CENTRE

Breakfast@UMHealth

LIVE WEBINAR SERIES

EPISODE 7

📅 Wednesday, 9th March 2022
🕒 08.00-09.00 AM | Zoom App

1. Platform: **ZOOM** (please download app if using mobile device)
2. Please click this link to join the webinar: <http://bit.ly/Breakfast-at-UMHealth-22-EP7>
3. The link for e-Certificate will be shared during the session.

World Kidney Day 2022: Bridge the Knowledge to Better Care

WKD is being celebrated every year. For the year 2022, the campaign will focus on efforts to increase education and awareness about kidney health and on reducing the stubbornly high CKD knowledge gap at all levels of kidney care. During the Breakfast@UMHealth webinar, we will pose questions related to kidney care to the attendees through online quiz. We then bridge the knowledge gap by discussing the answers with our own in-house nephrologists. So, come and join us to celebrate World Kidney Day 2022 while having the chance to win some prizes, and of course, also learning about our kidney health.



Speaker
Associate Prof. Dr. Maisarah Jalalonmuhali
Consultant Nephrologist
Nephrology Unit, Department of Medicine
Universiti Malaya Medical Centre



Speaker
Dr. Albert Hing (Wong)
Nephrologist
Nephrology Unit, Department of Medicine
Universiti Malaya Medical Centre



Speaker
Dr. Lee Yee Wan
Nephrologist
Nephrology Unit, Department of Medicine
Universiti Malaya Medical Centre





8. Universiti Teknologi MARA (UiTM)







